

ADDITIONAL FILE 2

Coding frame: Attenders' circumstances, motivations and outcomes

THEMES	CIRCUMSTANCES WHEN STARTING TO THINK ABOUT DAY CENTRE ATTENDANCE	PRIMARY MOTIVATIONS FOR DAY CENTRE ATTENDANCE	OUTCOMES (*unique contribution)
ACTIVITY-RELATED	Closure of other DC or club / other DC criteria changed Had to stop volunteering Retirement Something to do Somewhere to go To keep mind alive	Something helpful to do after retirement To keep mind alive Wanting to do activities/something	Activities keep mind occupied/stimulated DC attendance keeps your time occupied Different to what would be doing at home Doing something vs nothing at home Done things wouldn't have done otherwise (e.g. craft, trips out*) Given something to do/think about -an interest-conversation material Specific activities (went there for)
CARER-RELATED	Carer needed a break Isolated as a spousal carer Attended with husband who cared for (unclear why)	Attended with husband who cared for (unclear why)	
CHANGE OF ENVIRONMENT/ GETTING OUT OF HOUSE	Not getting out enough Stuck at home	Want to get out / a change of environment	Access to a garden Gets out of house/4 walls (prison/boring) Nowhere else to go-only way to get out-gives chance to go out* Place to go without difficulties of trips out*
LOSS OF MOBILITY (independence)- physical health	Couldn't get out without help-transport Decline in physical health – sudden General decline in physical health Loss of car-stopped driving (independence)		
FOR MEALS		For meals	Having a meal
MENTAL WELLBEING/HEALTH	Anxiety disorder Depression - felt low/down Felt lonely Lacked confidence	To address diagnosed mental illness	Boredom-monotony broken-change-break Changed-enriched life-opened up new life* Enjoyment-fun-laughter* Feel more stimulated mentally Feels energised - motivated

Day centres for older people: attender characteristics, access routes and outcomes of regular attendance. Findings of exploratory mixed methods case study research.

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			<p>Gained perspective of own situation Lifeline-lifesaver Other - own attitude matters Feeling part of a group-belonging* Sense of independence & control* Sense of purpose - feeling useful to others- making a contribution-active role to play- opportunity to do so* Sense of purpose/structure within own life Feelings of freedom* Nothing added to life</p>	
			Feeling better*	<p>Less lonely* Less depressed-sad/makes feel happy* More confident & relaxed* Helped to keep sanity*</p>
PHYSICAL HEALTH/ WELLBEING/SAFETY		Exercise Exercise - referred to drop-in GROUP rehab exercise (health)	<p>Do more exercise Health monitoring (& outlet for problems) Safe place-feeling safer</p>	
PRACTICAL SUPPORT, INFORMATION & OTHER SERVICES ACCESSED			What accessed	<p>Other services used (DC provider) Personal alarm system Services of another provider Taxi vouchers-card</p>
			Within DC	<p>Chiropodist Clothes District nurse now treats at DC Hairdresser Hearing aid maintenance-batteries Help with appointments (staff-vols) Information & useful talks Massage Nails filed & painted (staff-vols) Staff-vols helped access something</p>
			Made a difference	<p>More aware of certain things More money</p>

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				Safer - peace of mind Saved money Saved trips elsewhere Did not say whether made a difference
SOCIAL INTERACTION / COMPANIONSHIP	Alone (not bereaved) Bereavement (spouse-partner)-was on own Insufficient contact with peers Insufficient contact with people – socialising Loss of existing social networks (non-group) Loss of outside activities - stopped attending other group/club Attender naturally sociable/joiner	Needed-wanted to socialise-see people Contact with peers	Companionship* Company makes a change Eating in company Friends - made new ones Friends - reconnected with old ones Laugh & fun & joke* Conversation material Proper conversation about things that really matter*	
			Contact with people	Own age group* People generally Arguing Chatting Hearing people Seeing people People who are also lonely-similar circumstances A range of different people